

FACILITY DIRECTOR

Katie Karnas

PT. DPT. CMPT

5690 Allentown Blvd, Suite 200 Harrisburg, PA 17112

717-216-8699



Rising to Our Patients' Needs ...

- * Arthritis Pain
- * Balance and Walking Problems
- * Orthopedic Conditions
- * Sports Injuries
- * Post Surgical Conditions
- * Vertigo
- * Concussions
- * Working Conditionings

MULTI-SITE MANAGER - Franco Madaffari PT, DPT, LAT, COMT

phoenixrehab.com | 🕑 🕤 🖸 🐚



- Medicare Questions
- Prescription Plans
- · Income Guidance
- Estate Questions







Clear advice from people who care.

877-233-4212 · www.letsgocomp.com



5000 Commons Drive Harrisburg, PA 17112 (717) 657-1547

fsc@lowerpaxton-pa.gov www,lowerpaxton-pa.gov/ friendship-center/senior-center

FEBRUARY 2019 NEWSLETTER

Friendship Senior Center will celebrate its 19th birthday following the General Membership Meeting on Wednesday, February 20th, at 11:00AM. A light lunch will be served at no cost, but sign-up is required.





....to **Jason Turri** and **Ecumenical Communities** for the cake to celebrate January Birthdays.

....to *Lisa Mumma* and *Mitsubisi Motors* for donations in memory of *Joyce Magaro*.



The Center for Advocacy for the Rights and Interests of the Elderly (CARIE) will present a program on Detecting Medicare Abuse and Fraud on Tuesday, February 12th, from 10:15—11:15AM.





On Thursday, February 28th at 1:30PM there is a FREE Senior Citizen performance of Central Dauphin High School's presentation of "Footloose." No tickets or reservations are needed. Seating is first come, first served. Doors for this show open at Central Dauphin High School at 12:15PM. Flyers are available at the Senior Center.



MARK YOUR CALENDAR! Atlantic City Resorts Casino, Thursday, March 28th, cost \$35. More details coming soon....

You must stop at the desk to give your name and email address if you are interested in receiving your Newsletter via **email**.





Check local TV and Radio Stations for Central Dauphin School District closings and delays due to inclement weather. If Central Dauphin School District is closed due to the weather, the Senior Center is CLOSED. If Central Dauphin School District has a 2 hour delay due to the weather, the Senior Center is CLOSED.

(All Senior Center Aquacise Classes are also canceled whenever the Senior Center is closed.)



February 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					I Open 8AM – 3PM Program Committee Meeting 9:30AM	Closed GROUND HOG DAY
3 Closed	4 Open 8AM – 3PM	5 Open 8AM – 3PM Blood Pressure Check 8:30-9:30AM	6 Open 8AM – 3PM	7 Open 8AM – 3PM	8 Open 8AM – 3PM Executive Board Meeting 9:00am Iris Paper Folding 11AM-12Noon	9 Closed
10 Closed	II Open 8AM – 3PM	I2 Open 8AM – 3PM Detecting Medicare Abuse and Fraud 10:15-11:15AM	I3 Open 8AM – 3PM Blood Pressure Check 8:30-9:30AM	Valentines Valentines	I5 Open 8AM – 3PM	16 Closed
17 Closed	18 Open 8AM – 3PM Prosidents Day	I9 Open 8AM – 3PM Craft Sale 8-11AM	20 Open 8AM – 3PM General Membership Meeting 9:30AM 17th Birthday Party 11AM	21 Open 8AM – 3PM	22 Open 8AM – 3PM	23 Closed
24 Closed	25 Open 8AM – 3PM	26 Open 8AM – 3PM	27 Open 8AM – 3PM	28 Open 8AM – 3PM "Footloose" at CD High School 1:30PM		

Every Monday:

8.00—9:00 Light Aerobics 8:30 & 11:45 Aquacise (\$3 per class, Therapy Pool) 10:00—11:00 Tai Chi 1:00—2:00 Line Dancing



Every Tuesday:

8:00—9:00 PEPPI/HSIM
8:40 Aquacise (\$3 per class, Lap Pool)
9:00—11:30 Group Knitting and Crocheting
10:30 —11:30 Beginner Italian Class (conf. room)
12:30 Bridge Club
12:30 Cash Bingo
1:00 Lap Swimming/Walking (\$3)

Every Wednesday:

8:00— 9:00 Light Aerobics 8:30 & 11:45 Aquacise (\$3 per class, Therapy Pool) 9:00—12:00 Casual Art Class w/ Marty 10:00—11:00 Spanish Class 11:30—12:30 Tai Chi 12:30 Mah Jong 1:30-2:30—Tap Dancing (Wednesdays through 2/27/19)

Every Thursday:

8:00—9:00 PEPPI/HSIM
8:40 Aquacise (\$3 per class, Lap Pool)
10:00 Scrabble
10:30—11:30 Advanced
Italian Class (conf. room)
12:00—3:00 Casual Art Class w/ Marty
12:00 Group Sewing & Crafting
1:00 Lap Swimming/Walking (\$3)

Every Friday:

8:00—9:00 Light Aerobics
8:30 & 11:45 Aquacise (\$3 per class, Therapy Pool)
9:30 Bridge Classes w/ Mr. Henning
12:00 Group Knitting and Crocheting